

Employee Assistance Program
1-800-478-2812
For TTY Users: 1-800-456-4006



Living Healthy Working Well®

Your organization has a no-cost, confidential program to provide you with help in managing life's challenges. Call or click now to get information that can help you make positive changes at home and at work!

Magellan Healthyroads® with PHA

Imagine yourself fit, strong and full of energy!
Your road to good health starts by taking an online Personal Health Assessment. While online, check out Magellan Healthyroads' interactive wellness tools that make getting healthier empowering—and fun, too!

"It was so easy to get an appointment and the person I spoke with was so nice and caring. For the first time I felt like someone really heard me."

Work-Life Services

Saving you time and money.

Experts provide information and pre-screened referrals for prenatal care, adoption, child care, education, retirement, senior care, special needs and more. An exclusive member discount center offers more than 3.5 million discounts.



Magellan Self-Screening System

Find help at your comfort level.

Want information on mental health or substance abuse but aren't ready to talk to someone? Get confidential information or take an automated depression or alcohol screening online or over the phone.

"I wanted to feel better and start doing something with my life. My program helped me take those first steps that I just couldn't seem to do on my own."



Not Sure Where to Turn?

We help people solve everyday problems—every day.



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IMPORTANT: Can you read this? If not, we can have somebody help you read it. For free help, please call your toll-free number. **IMPORTANTE:** ¿Puede leer esta carta? Si no, alguien le puede ayudar a leerla. Además, es posible que reciba esta carta escrita en Español. Para obtener ayuda gratuita, llame a su número gratuito. In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California—Employer Services and Human Affairs International of California.

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MagellanHealth.com/member

Trusted Solutions to Life's Challenges

From online information to confidential consultations with licensed behavioral health professionals, you and your eligible household members have access to a wealth of practical, solution-focused resources to help you reduce stress, strengthen relationships, increase productivity and improve the overall quality of your life.

We were going through a tough time and needed help to get back on track.



So Much to Do... So Little Time

Life moves fast. These days it seems like everyone is asked to do more in less time and with less help. With all you have to do, it can be hard to focus on everyday matters, let alone issues that are harder to control, such as:

- Changes in your financial situation
- Family or relationship problems
- Overwork or conflicts at work
- Feeling depressed or anxious
- Quitting tobacco, alcohol or drug use
- Caring for children or aging parents
- Losing weight and living healthier

Challenges like these can make life hard. And when you're busy, you might not think there's time to find solutions.

So, it's important to know that your organization offers a program that can help you solve everyday—and not so everyday—problems confidentially, 24 hours a day, seven days a week.

There's no cost to you and your eligible household members to use this program; however, any costs or copayments beyond this program will be your responsibility.

I'd like to learn how to manage my time better.

Easy Access to Services

Your program is here to provide you and your eligible household members with the right help at the right time. You can quickly get help in a way that works best for you:

- **By Phone**—Call to get consultation and solutions to everyday problems as well as help in a crisis. You will get access to resources or a referral to a professional in your community for confidential help.
- **Online**—Log on to locate counselors in your area. Find targeted information and resources that address your everyday concerns as well as more serious issues. Interactive tools help you discover ways to live a healthy lifestyle.



Visit www.MagellanHealth.com/member or call today to get a referral or information on topics such as:

- | | |
|--------------------------|------------------------|
| Stress | Work-life balance |
| Family and relationships | Health and wellness |
| Grief and loss | Depression and anxiety |
| Alcohol or drug concerns | Living healthier |

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Tear off the attached cards and keep them handy for quick and easy access to the help your program can provide.